



A6: Interactive Medium-Fi Prototype ReadMe

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[Figma Link](#)

[Prototype Link](#)

Access & Setup

Our medium-fidelity prototype is based on Figma, due to the platform's extensive logic implementation and flexibility of UI tools. The app has been tailored to the screen dimensions of multiple iPhone models, including the iPhone 16 Plus, iPhone 15 Plus, and iPhone 14 and 15 Pro Max. In future prototypes (specifically our high-fi), we hope to expand our interface to be usable on multiple formats of interfaces, including other iOS screen sizes and Android mobile devices.

For the purposes of prototype testing, we advise users and testers to run the Figma link on a desktop to avoid any discrepancies between our design and screen dimensions.

Setup for our prototype includes creating an account for the user in the [Create Account](#) page. However, the main entry for our app is the [Log In](#) page, so users are hopefully able to navigate to the account page from the entry and subsequently gain access to the app.

Context

Our target audience for this application is ADHD learners and individuals who are encouraged by a structured work environment. The challenges we aim to address with our project include, but are not limited to: hyperfocus, attention deficiency, and the translation of overwhelming goals into actionable tasks.

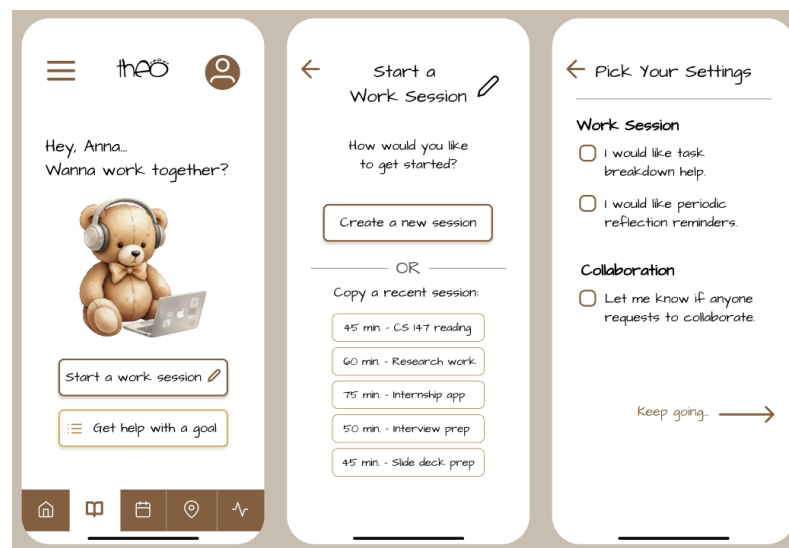
We expect this to be used when individuals in this focus group are getting ready to begin a work session and would like to use the app as a form of body-doubling or work companionship. Given the full functionality of the app, it is anticipated that users are able to:

- 1) Session Page: Begin a simple timed work session with a single goal and AI-managed breaks and reflection opportunities spaced reasonably throughout the session.
- 2) Session Page: Request AI help in structuring a work session by getting help breaking down a goal into smaller steps. These steps may be saved for later use or incorporated into a work session in the moment.
- 3) Calendar Page: Access reflections, metrics, and task breakdowns from previous work sessions.
- 4) Progress Page: Track work progress across work sessions and receive AI-synthesized summaries, analysis, and tips for work habit improvement.
- 5) Map Page & Collab Request Page: Identify other individuals to collaborate with in person and organize sessions with them. These individuals are other users of the app. One may specify whether the available pool of collaborators should be restricted to 'Friends only' or open to the general public.
- 6) Friends & Groups Page: Create regular study groups among friends and/or other users of the app.

Operation

There are various possible flows built into the prototype. They are detailed below:

- 1) **Initiating Work Sessions:** This is the main feature of our application. Beginning on our Session Page, users are first offered the choice to **"Start a work session"** or **"Get help with a goal."** From here, the flows branch off, but are not very dissimilar up to a certain point:
 - a) **"Start a work session":** This allows users to begin timed work sessions monitored and/or structured by the app. Users may decide to **"Create a new session"** or copy the format of a recent session. If creating a new session, the user can select their work settings (using the Task Breakdown feature, being reminded periodically for reflections with a chatbot) and their collaboration settings (if they would like to receive collaboration requests while working).



From here, the user is requested to input a goal and then directed to a Task Manager that has separated the user's goal into an ordered list of actionable items with time expectations that may be edited, regenerated (**"Regenerate tasks"**), or deleted entirely (**"Delete all"**). Each task may be individually edited or deleted – to perform either action, the user must swipe left on the task to reveal the options (similar to Apple's swipe interaction design for deleting iMessage conversations) and then select.



Adding a task and editing a task pull up modals from the bottom of the screen that allow the user to interact with the task. Dragging tasks will change the order.

Once the user is satisfied with the quality of the tasks, they may press the arrow at the bottom of the screen to continue to the actual session.

- b) **"Get help with a goal"**: This allows users to receive task breakdown help without starting a formal work session.

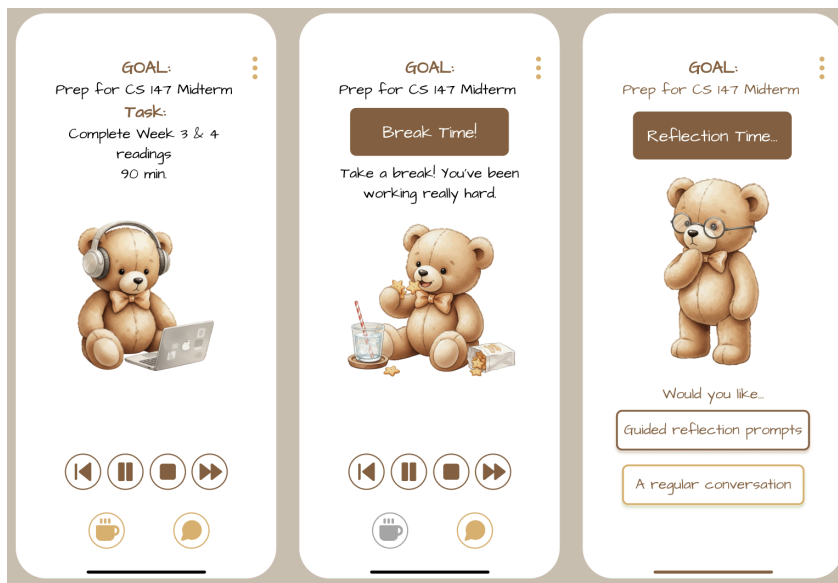
The user is requested to input a goal they would like assistance separating into tasks, which the AI task generator analyzes and represents as smaller steps that can be saved to the user's [Calendar Page](#) for future reference. While in the editing interface, there are once again options to **"Regenerate tasks"** and/or **"Delete all"** tasks and add their own.

After saving, the user is redirected to their [Calendar Page](#) to find their saved tasks within the current day.

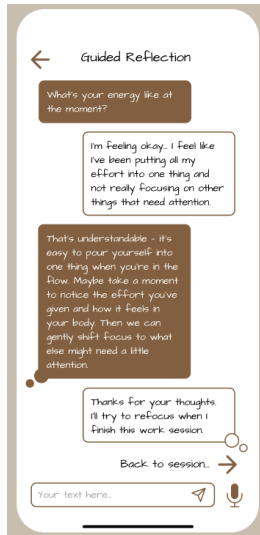
- 2) **Completing Work Sessions**: Once a user has decided to move forward with a work session, following from the previous flow, they are redirected into the session with the first task.

Within each task, the user has options to **"pause"** the session, **"end"** the

session, “fast-forward” to other tasks, “rewind” to previous tasks, “request a break”, and “open the reflection chatbot” to have a conversation. The goal of the work session and task summary are displayed at the top of the screen, while the middle is occupied by a working image of our mascot, Theo. At the top right of each task page is a smaller menu that offers options to “Add time to task”, “View session progress”, and “Edit task.”



Periodically throughout the session, the user will be notified of the app’s reminders to take a break or to use a reflection opportunity to have a conversation with the built-in chatbot. These reflection reminders will only occur if the user initially requested them, but they still may utilize the chatbot at any point of their own volition. In response to this prompt, the user may select to use “Guided reflection prompts” or have “A regular conversation”; the first option will generate focused prompts based on the current goal and tasks, while the second is an open forum for discussion regarding energy levels, questions, and anything else that may have come up during the work session.



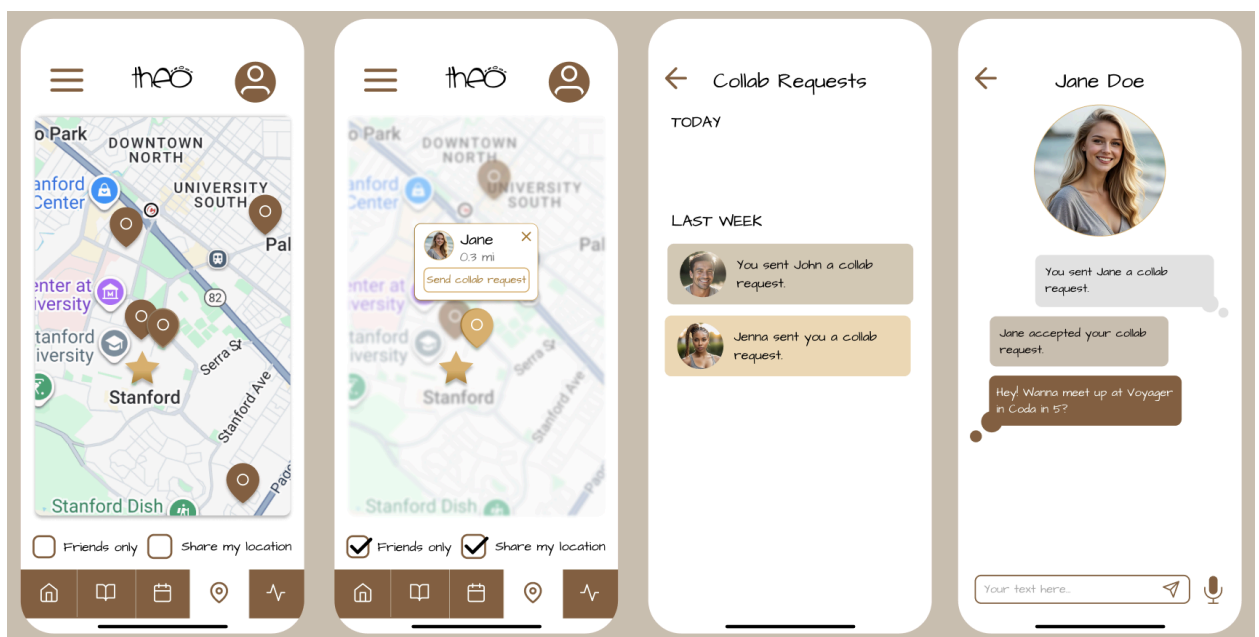
Finally, once the session is complete, the user is presented with an AI-synthesized summary and analysis of their work session in both visual/quantitative and feedback-based qualitative forms. This will be saved to their [Calendar Page](#) for future reference.



- 3) **Collaboration:** In entering the [Map Page](#), users are presented with a “Google Maps”-esque map screen that locates other app users (denoted by brown map pin icons) who are willing to match with others for a collaborative work session. These users may currently be in the process of completing their own sessions or may have similarly navigated to their respective [Map Page](#) and selected the “Share my location” option.

Users may restrict potential collaborators to “Friends only”, which also restricts their visibility for other general (disconnected) users.

When a user is selected from the map, their pin turns green and a popup appears. If the user is a friend, their name and profile image will be displayed as well as their distance from the current user; otherwise, the user’s profile image will be the default profile icon and their name will be restricted to their first name and last initial, for identity protection purposes, similar to our class method of protecting interviewees and testers.

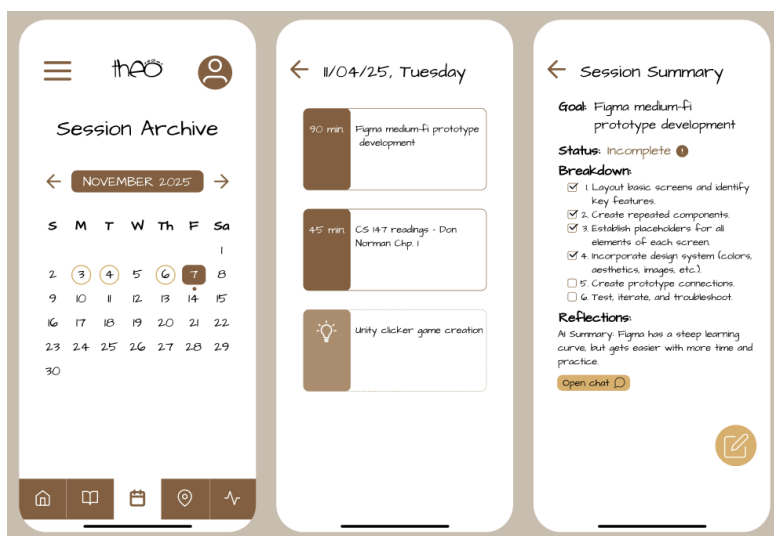


Regardless of friend status, each popup will display a button to “**Send collab request**” to the specified user. Once clicked, the button will display “**Request sent!**” for two seconds before offering the option to “**Unsend request.**” This will retract the collaboration invite from the receiving user’s [Collab Requests Page](#).

Once a request is officially sent, the [Collab Requests Page](#) (accessed through the upper left menu) will create an “event chat” between the current user and target user to allow the users to communicate in regard to the request and subsequent session. Action items on this page will appear **yellow** while old/unactionable items will appear **brown**. If a sent request is accepted or received, a notification icon will appear on the [Collab Requests Tab](#) in the menu to draw the user’s attention.

By clicking on an event chat, users may send messages to each other to coordinate time and place for work sessions.

- 4) **Review & Progress:** From the Calendar Page, the user may access task breakdowns, reflections, plans, metrics, and personal notes from every past session they have completed. Work sessions are denoted by the traditional brown color that characterizes the app, while planning sessions are identified by a lightbulb icon, a lighter brown color and a dotted outline. Clicking on work and planning sessions pull up their summary pages.



Building the Prototype

As mentioned above, this prototype was created in Figma Design. Phone screens are represented by the basic frames provided by the platform, icons were selected from the Feather Icon plugin, and the map screen was created by the Map Maker plugin. Most images of our mascot, **Theo**, were sourced from Google Gemini AI image generation.

Limitations

To test its efficacy, our app still has need of real back-end timer functionality, which we were unable to implement with Figma's capabilities. To compensate for this, we would have had to include a countdown timer that we felt would create anxiety for our user

base, rather than the simpler version we envisioned that would keep track of time behind the scenes and notify the user at reasonable intervals of the remaining time (e.g. 15 minutes).

We also limited the flexibility of our app for the scope of the prototype and how many possible situations we could address. When we implement the app with full functionality in our hi-fi prototype, we would like to provide a broad range of flexibility that enables the user to edit any and all tasks that are generated by the AI-driven task breakdown feature, and retroactively edit notes/reflections from previous work sessions. For the scope of this prototype, we restricted the possible edits instead to demonstrate one of each type (delete, add, edit a task) to symbolize the flexibility.

Hard-coded Items:

- All text input is hard-coded, including account creation/login information, goal submission to both branches of the [Session Page](#), and text messages between the AI chatbot and user.
- The order in which edits must be executed – for the purpose of this prototype – must be followed exactly in order to be effective and achieve the correct result, based on the screen provisions that we have and the flow that we are attempting to demonstrate.

Wizard of Oz Elements:

- Although we have the user “create an account” to set up the app, we have pre-filled their account with a profile image, name, email address, and password.
- We have pre-determined their “friends” and “groups” within the app, to aid in differentiating friends from general users in the collaboration task flow. In this instance, “Jane” is identified as a friend in both the [Friends & Groups Page](#) and the [Map Page](#) when “Friends only” is selected.
- To accelerate the process of our session completion workflow, we have the user fast-forward through tasks or set a few-second delay between screens to navigate through the session and arrive at the end to successfully complete the task.